

Mealtime Insulin Guide

<p>High carbohydrate meal with low fat</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>High carbohydrate meal with low fat</p> <p>Fast acting insulin standard bolus</p>	<p>Meal is almost all carbohydrate</p> <p>Breakfasts:</p> <ul style="list-style-type: none"> • Cereal with light milk • Toast and jam or honey • Fruit bread <p>Meals:</p> <ul style="list-style-type: none"> • Jacket potato & beans • Super noodles • Waffles & hoops <p>Snacks:</p> <ul style="list-style-type: none"> • Cereal bars • Biscuits • Rice crackers 	<p>How to keep the glucose in target?</p> <ol style="list-style-type: none"> 1. Count carbs accurately 2. Choose wholefood carbohydrate 3. Add some vegetables 4. Normal bolus 20 minutes before eating 5. Do 15 minutes activity after eating 	<p>High carbohydrate meal with low fat</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>High carbohydrate meal with low fat</p> <p>Fast acting insulin standard bolus 20 minutes before eating</p> <p>Moderate activity 15 minutes</p>
<p>Balanced meal</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>Balanced meal</p> <p>Fast acting insulin standard bolus</p>	<p>Meal is balanced</p> <p>Breakfasts:</p> <ul style="list-style-type: none"> • Porridge with semi or full milk & nuts • Egg or fish on toast with mushrooms • Cheese on toast with tomatoes <p>Meals:</p> <ul style="list-style-type: none"> • Meat/fish/beans with potatoes & veg • Jacket potato with cheese & salad • Rice with curry and salad <p>Snacks:</p> <ul style="list-style-type: none"> • Whole fruit with nuts • Nut butter on toast • Whole yoghurt with nuts 	<p>How to keep the glucose in target?</p> <ol style="list-style-type: none"> 1. Count carbs accurately 2. Choose wholefood carbohydrate 3. Add more vegetables 4. Normal bolus 15 minutes before eating 5. Do 10 minutes activity after eating 	<p>Balanced meal</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>Balanced meal</p> <p>Fast acting insulin standard bolus 15 minutes before eating</p> <p>Moderate activity 10 minutes</p>
<p>High fat meal with carbohydrate</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>High fat meal with carbohydrate</p> <p>Fast acting insulin standard bolus</p>	<p>Meal is very high in fat with carbs</p> <p>Breakfasts:</p> <ul style="list-style-type: none"> • Full English breakfast • Pancakes with maple syrup • Thick slices of cheese on toast <p>Meals:</p> <ul style="list-style-type: none"> • Takeaway fish and chips • Heavily cheesy pizza • Pasta with creamy sauce • Creamy curry with rice & naan bread • Fast food burger, fries and dessert • Sunday roast with trimmings • Lasagna with chips and garlic bread 	<p>How to keep the glucose in target?</p> <ol style="list-style-type: none"> 1. Count carbs accurately 2. Increase meal insulin by an extra 25% 3. Pump: 50% before, 50% over 2 hours 4. Injections: 50% before, 50% 1 hour after 5. If the glucose level is high six hours after eating, next time increase meal insulin by another 25% 6. Most people need 50-100% extra 7. If possible, do 15 mins activity after meal 	<p>High fat meal with carbohydrate</p> <p>CGM glucose trace Yellow is above 10.0mmol/L (180mg/dL) Red is below 4.0mmol/L (70mg/dL)</p> <p>High fat meal with carbohydrate</p> <p>Split bolus or multiwave on pump with 25% extra (50-100% extra is usual)</p> <p>Moderate activity 15 minutes</p>